INTERMITTENT FASTING

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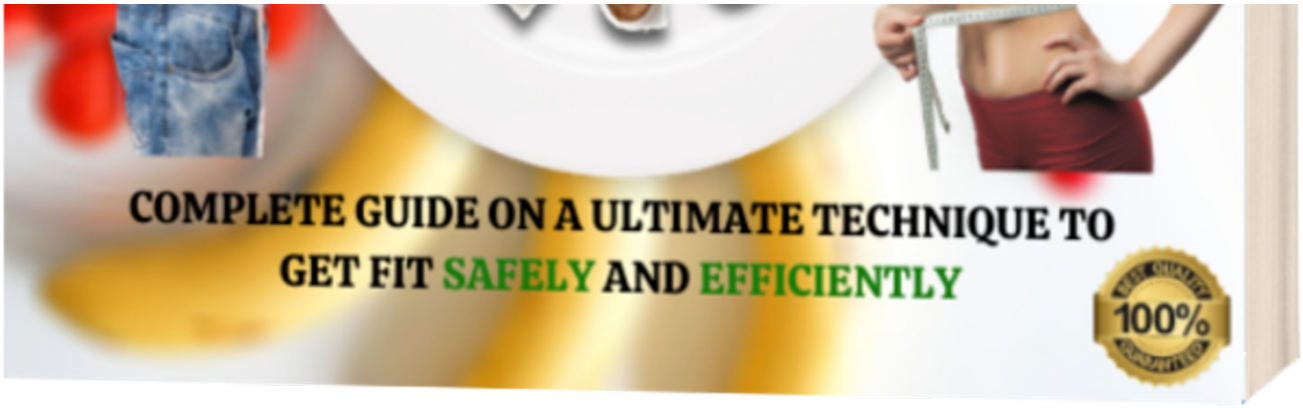

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Prepare yourself - Here's What You'll Learn from this course:

- How to use the 24-hour “Eat-Stop-Eat” diet protocol;

- How to use some of the other popular intermittent fasting methods like alternate day, 20:4 and 5:2 methods;
- How to maximize the results of your intermittent fasting regime;
- How to introduce intermittent fasting into your life and how to get started successfully.
- And much more.

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